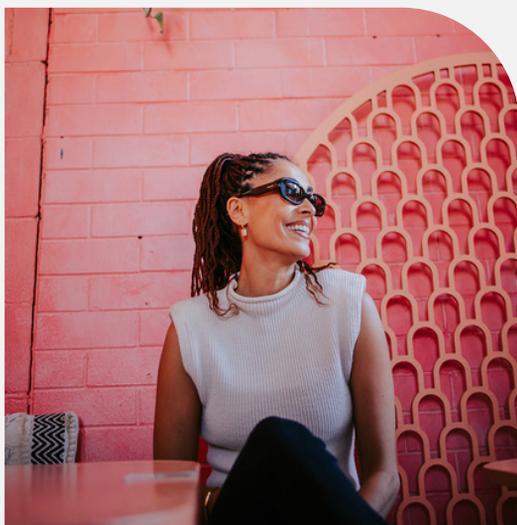


# Dr. Gina Cleo

A portrait of Dr. Gina Cleo, a woman with long braided hair, wearing a black long-sleeved top, standing in front of a background with a snake plant and a wall with a geometric pattern. The image is partially overlaid by a semi-transparent orange rectangle containing text.

**International Keynote Speaker**  
**Habit Researcher**  
**Dietitian**  
**Author**

[www.drginacleo.com](http://www.drginacleo.com)  
[hello@drginacleo.com](mailto:hello@drginacleo.com)



# Meet Dr. Gina Cleo

Dr. Gina Cleo is one of the world's leading experts in habits and is passionate about translating scientific evidence into simple, actionable strategies to help improve health, wellness, mindset, and lifestyle-related habits – long-term.

SHARE

Gina has a PhD in habit change, is an Adjunct Professor at Bond University and an Accredited Practicing Dietitian.

Gina's habit change research has been published in medical journals globally and she has appeared for over 250 news outlets including many of Australia's major television networks; ABC News, Today Show & Studio 10. She is also a regular keynote speaker and expert panellist at national and international conferences.

When she's not geeking out on new habit research, Gina is running courses through her Habit Change Institute and obsessing over chai lattes.

She has also recently published a bestselling book, 'The Habit Revolution'.

# Work with Gina

## Gina is available for:

- Keynote presentations
- Workshops
- Brand partnerships
- Media campaigns
- Panel moderation or participation
- Content/program creation

To work with Gina, please contact Simone Landes:  
[simone@thelifestylesuite.com](mailto:simone@thelifestylesuite.com)

*"Dr. Cleo is really are engaging, even with an event online. It was wonderful working with her."*

*Rebecca Hammond, Head of Development  
Assistant Insurance Advisernet*





# Keynotes

## ***The Habit Revolution***

### ***The Key to Sustainable Success***

In a world where willpower wanes, harnessing the power of habits is essential for achieving long-term change. In this keynote, Gina reveals the secrets behind lasting transformation through practical, evidence-based strategies.

Discover how to create new habits and break free from the unhealthy and unhelpful routines that are holding you back. Once you learn the art of mastering your habits, you can apply it to any area of life and work – from your new health kick to your productivity.



# Keynotes

## ***Bounce Back Strategies***

Achieving our goals usually happens in a tango of two steps forward, one step back. The difference between success and going off course is all about, if, when, and how we get back up.

Learn Dr Cleo's top 5 bounce-back strategies to help you get back on track quickly and achieve long-term success: resilience, schedule, consistency, self-belief, and self-compassion.

## ***The Neuroscience of Adaptability***

Dust off the cobwebs of routine and learn to effortlessly evolve with new innovation, updated technology and changing workloads.

Discover how to thrive in change through breaking your old habits and embracing the art of adaptability and cognitive flexibility. Increase your efficiency and in turn, improve workplace and team culture.

# Gina's Speaker Reel

**Watch Gina in action!**

Click the link below or scan the QR code to view a 3-minute video of Gina in action.

<https://tinyurl.com/26pjvh3>



# Gina is trusted by:



CommonwealthBank



Wellness that Works:



*"Dr. Cleo's session was fantastic! So many insights and practical takeaways. The team absolutely loved it."*

*Chloe do Rosario, Agency Development  
Twitter*



**Gina has been featured in 250+ media outlets, including:**

**Forbes**

**CBS NEWS**

**news.com.au**

**ABC**

**Today**

**MamaM!a**

**LAD BIBLE**

**STUDIO 10**

**sky NEWS**

**Women's Health**

**9**

**THE AGE**

**sunrise**

**Better Homes and Gardens**

**The New Zealand Herald**

**FINANCIAL REVIEW**

*"Thank you again to Dr Gina Cleo for speaking at our Summits. The feedback showed that overwhelmingly everyone loved her session. She rated 5 out of 5 from over 95% of the delegates and the audience particularly enjoyed the interactivity of her session."*

*Lauren Hindmarsh, Operations Director  
ThinkTank Media*





# Gina's Book

## The Habit Revolution

**Why willpower doesn't work and the remarkable techniques that rewire your brain to form good habits.**

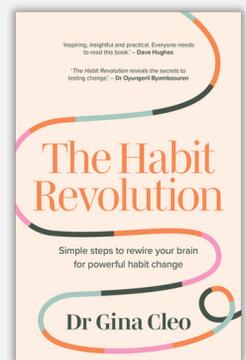
*Beyond Atomic Habits, a practical and evidence-based guide by a world-renowned researcher on hacking your habits for lasting change.*

*Dr Gina Cleo reveals revolutionary breakthroughs in behavioural science that will help you uncover how your brain works, and how to rewire it to make instant and lasting change in your life.*

*Discover evidence-based techniques to break free from unwanted habits, master your motivation and navigate setbacks to achieve the lifestyle you've always wanted, no matter what stage of life you're in.*

*Packed with practical insights, inspiring stories and surprisingly simple activities to try today, The Habit Revolution is your guide to a life magnificently remastered through the incredible power of habits.*

**Gina's book is an excellent resource to offer at conferences and speaking events.**





# Let's Get Social

Gina has a highly engaged social media following and posts regular content to share insights with her audience.

Gina is also a regular guest on various **podcasts** and **television broadcast** channels.

@drginacleo



4M+

POST  
ENGAGEMENT



10K+

FOLLOWERS



5K+

SUBSCRIBERS



480K+

IMPRESSIONS

## MEDIA VIDEOS



**Breaking Bad Habits on The Morning Show**  
Is this the year you finally break your bad habit? Dr. Gina Cleo, author of 'The Habit Revolution'...



**Why Motivation Fails Us & Making Habits Stick**  
How to make habits stick



**Habits on SBS Insight**  
Dr. Gina Cleo chats with Kim Togeraki about all things habits on SBS Insight.



**Breaking Bad Habits on Sky News**  
What are our most common bad habits and how can we break them? Dr. Gina Cleo speaks with...



**SBS Australia's Health Revolution with Dr. Michael Mosley**  
Dr. Gina Cleo works with renowned British doctor and trained medical journalist Dr. Michael Mosley...



**NBC NEWS #STOP T16isk trend with Dr. Gina Cleo**  
Dr. Gina Cleo is live with NBC NEWS America, talking about the risks and benefits of the #Sto...



**Studio 10 featuring Dr. Gina Cleo**  
I had a ball chatting with the Studio 10 panel about all things habit!



**Healthy Habits on Weekend Today with Dr. Gina Cleo**  
Check out my interview with Weekend Today on Healthy Habits for weight loss.



**ABC News Release National Broadcast**  
Dr. Gina Cleo presenting to the ABC about her research into Habit Based Interventions and the...

# Dr. Gina Cleo

*Gina specialises in customised keynote presentations and multi-event series on the topics of Habit Change, Wellbeing, Motivation, and Productivity.*

**To work with Gina, please contact Simone Landes:  
[simone@thelifestylesuite.com](mailto:simone@thelifestylesuite.com)**

[www.drginacleo.com](http://www.drginacleo.com)  
[hello@drginacleo.com](mailto:hello@drginacleo.com)

